



Nassau County School Board Athletics

COVID-19 Return to Practice Phases

Phase 1:

- No more than 10 students in a confined area at one time
- Locker rooms remain closed
- Use only water fountains with bottle filling capability
- No physical contact with teammates or coaches
- Maintain social distancing as much as possible

Phase 2:

- Gradually increase numbers – By district discretion

ATHLETE RESPONSIBILITY:

- Return parental waiver prior to participation
- Bring a large water bottle – we will not provide water
- Bring a towel – towels will not be shared
- Bring hand sanitizer to use after each station
- If you feel sick or feverish, DO NOT COME TO PRACTICE and notify your coach ASAP
- If you become ill during workouts, remove yourself immediately and let your coach know
- Clean and sanitize equipment after each use
- Wash and sanitize your hands often

COACHES RESPONSIBILITY:

- Ensure each athlete has a signed parental waiver on file. Keep these in a secure place
- Send athlete home if you notice anything out of the norm
- Keep expectations in check. Assume all athletes are in a deconditioned state and progress accordingly
- Keep rotations on schedule so groups don't intermingle
- Do not allow athletes to hang around after the training session. Once over they MUST leave.
- Keep all facilities secure so we know what needs to be sanitized
- Spray/Sanitize all equipment frequently during and after use

PARENTS RESPONSIBILITY:

- Sign and return the release to participate form prior to their first workout
- Check your child daily for any symptom out of the norm
- If the answer to any question on the daily symptom check is yes, keep them home and notify their coach as soon as possible
- If your child is ill, KEEP THEM HOME and notify the coach as soon as possible
- Do not congregate with other parents while dropping off or picking up your child

ALL WORKOUTS ARE OPTIONAL, ATHLETES WILL NOT BE PENALIZED FOR NON-ATTENDANCE